

EODMU 8 Sailor of the Year



OS1 (SW) Wayne M. Shelton, leading petty officer for Explosive Ordnance Disposal Mobile Unit 8 (EODMU 8) Area Search Detachment (ASD), is EODMU 8's 2003 Senior Sailor of the Year.

By JO3 Steve Weaver
Staff writers



Explosive Ordnance Disposal Mobile Unit 8 (EODMU 8) based at Naval Air Station Sigonella named their Senior Sailor of the Year last week. OS1 (SW) Wayne M. Shelton, leading petty officer with EODMU 8's Area Search Detachment (ASD) Detachment 12, is the recipient of the award for his outstanding work in his command during 2003.

The West Palm Beach, Fla. native's can-do attitude is one of the reasons he was chosen. "Petty Officer Shelton was one of the best leading petty officers I had the pleasure to work with," said OSC (SW) Michael Lang, chief petty officer with EODMU 8's Command, Control, Computers, Communication and Intelligence Department, and Shelton's former leading chief petty officer at ASD. "His professionalism, his comradery, his can-do attitude and spirit resembles what a first class petty officer should be. Hopefully I can see him in Khakis this year, he'd be an outstanding addition to the chief's mess. He's highly deserving of his selection as Sailor of the Year."

There was no magical reason to the start of this Sailor's 14-year career. "I just thought that was a neat thing," Shelton said. "I joined the Navy because my older brother joined and wanted to get some money for college. That was my main thing, my older brother influenced me to come in."

Shelton has served aboard the USS Forrestal, USS George Washington, USS Briscoe, and as an instructor in Virginia. "The most rewarding tour was being an instructor," Shelton said. "I love to teach, I love to learn. That really has helped me in my career, being a master training specialist, because you have that [knack] for improving a system or process. I think that's what helped me shape my focus on what I want to do in the Navy and when I get out of the Navy."

Shelton performs a variety of tasks for EODMU 8, among them is performing Underwater Area Searches for things, as he says, that fall in the water. This involves using a sonar device such as a Klein 5500, a long missile like object that scans for items that need to be found such as ordnance, ships, or even helicopters that may be lost underwater.

He is also involved in many other things in the command. "I think that what sets him apart is that there's no task that he doesn't want to get involved in," Lang said. "He always looks to go the extra mile, take on the collateral EOD, page 8

Photo: JO3 Steve Weaver

NEPMU 7 provides support to fleet in Liberia

By HM2(FMF) Dustin Menezes,
Contributing Writer

Recently some members of the Navy Environmental & Preventive Medicine Unit # 7 [NEPMU-7] went to Monrovia, Liberia in support of the Joint Task Force Liberia. The team consisted of four members, Lt. Shelton Lyons, team leader and Environmental Health Officer, Lt. Carl Doud, Entomologist, and two Preventive Medicine Technicians, HM1 (FMF) Enrique Pallesco and HM2 (FMF/PJ) Scott Gervasi. The team's mission was to perform an Environmental Health Site Assessment (EHSA) by evaluating facilities and the environment for the potential health threats to U.S. personnel deployed to the AOR.

Based out of Monrovia, the team performed an entomological survey that involved capturing and identifying mosquitoes at various locations in the area of operations, which included Roberts International Air Field, U.S. Embassy Liberia, Freeport of Liberia, and the Economic Community of West African States (ECOWAS). As part of the entomology study the EHSA team set out light traps designed to capture flying insects active at night. Searches for larval stages of mosquitoes in standing water were also conducted. Since mosquitoes typically

do not fly more than a mile or so, this would allow identification of areas where mosquitoes bite at night without necessarily having to capture adult mosquitoes. The EHSA team is trained to identify the mosquito species that are carriers of disease and to recommend proper environmental controls such as the destruction of mosquito breeding habitats or spraying to kill adult mosquitoes to keep service members safe. In addition to modifying the environment, military members use personal protective measures such as bed nets and/or screened windows, the use of DEET on exposed skin, and uniforms treated with repellent/insecticide Premethrin. *Anopheles gambiae*, one of the primary malaria carriers in Liberia, and another malaria-transmitting mosquito species, *Anopheles hargreavesi*, were found at the airport. At the U.S. Embassy surveillance turned up *Culex pipiens*, a species of mosquito capable of transmitting a number of infectious diseases.

Mosquitoes that transmit malaria are most active at night, although they will also bite during the day inside a cool, relatively humid building. These mosquitoes will travel up to one and a half miles for a blood meal. Mosquitoes that transmit



Members of the NEPMU7 JTF Liberia EHSA Team aboard USS Iwo Jima. HM2 Scott Gervasi, HM1 Enrique Pallesco, Lt. Shelton Lyons and Lt. Carl Doud.

malaria are generally smaller than other mosquitoes and prefer to bite low on the body. For this reason, a person will typically not hear the thin whine of the mosquito's wing noise. The bite generally is not as painful as other mosquito

bites and may itch less. All of these traits make the malaria-carrying mosquito a very stealthy biter, and most people are unaware that the mosquito has even bitten them. NEPMU-7, page 11

TOP STORIES

Fifteen individuals were detained and an estimated 2,800 pounds of hashish (approximately \$11 million street value) were seized Jan. 2 by U.S. and coalition maritime forces following the interception of a dhow Jan. 1 in the

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Having to show your ID in order to use a credit card may seem like a hassle. The good news is that greater credit card security not only protects you, the cardholder, but it helps keep down interest rates as well.

Page 2

The highest ranking enlisted member of the U.S. Navy visited Naval Air Station Sigonella (NASSIG) Dec. 17 and 18, to speak with Sailors as part of his tour through the Middle East and Europe.

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The country rock band Rushlow stopped by Naval Air Station Sigonella Dec. 19, 2003, to give the Sailors a little taste of Texas.

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Don't miss the opportunity to enjoy some smooth jazz. Plan to attend the concerts of Toots Thielemans, a highly gifted Belgian harmonica player who will be performing in Sicily from Jan. 15 through 17.

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Direct Line

*Capt. T.L. Davison
NASSIG
Commanding Officer*

Buon Anno and Happy New Year Sigonella!

We have a lot of new things going on here on base and in the surrounding communities this year! *The Signature* will keep you informed of all the great events you and your family can take advantage of while you are here in Sicily.

As the New Year begins, we must all remember that we have shipmates, Soldiers, Airman and Marines deployed in various regions of the world. Whether they are serving in *Operation Enduring Freedom* or *Operation Iraqi Freedom*, they are a vital part of our armed forces, and we appreciate everything they are doing for our country. As for NAS Sigonella, we'll keep on doing what we do best...providing logistical support to the fleet and forces abroad. We'll definitely be the "Hub of the Med!"

With the current base budget and transformation in the Europe theater, I have initiated a hiring freeze for all positions on base. Department heads were briefed on this last month so it shouldn't come as a surprise. This was a valid way for us to save money while continuing to conduct business as a base. I waited as long as I could but I needed to implement it before the end of the year.

Sir Winston Churchill once said that a pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty. The challenges we will face today will be our opportunities to excel tomorrow. Making the most of our Navy careers benefits our families, our Shipmates and ourselves. Many of our Sailors will be taking the Chief's exam on Jan 15th. They have made a decision to strive to be one of the best...a Navy Chief. Use this next promotion cycle to make the most of your Navy career...study, learn and watch the benefits pay off. Good luck!

As our construction projects continue, the base improves on a daily basis offering a better quality of life for our Sailors and families. We will see three new buildings opening up on NAS I early this spring. They include the new chapel, administration and community buildings. There is a large parking lot behind the new community building that should be open around January 16.

Stay sharp. Stay focused. We all have important work to do here, and we want everyone to be safe while doing it. I am asking that everyone drive safely (yes, that means you) and to obey the traffic rules and regulations. The new traffic instruction is on the street and I've asked the judges to be fair but strict in their decisions.

Please take care of yourselves, your families, and your Shipmates. Let's all have a great year in 2004!



Tobacco use and quitting

*Lt. Cmdr. Patrick E. McGroarty,
USNH Sigonella*

With the approach of a New Year, many people start looking for ways to improve themselves. Many tobacco users decide to quit using tobacco during this time. The cost of tobacco products alone provides motivation for many people. More important, however, are the many health risks associated with tobacco use. Among the lesser-known dental effects is an increase in tooth decay and gum disease. Among the lesser-known medical effects are the destruction of small capillaries throughout the body (which can sometimes lead to minor annoyances such as erectile dysfunction in males), inhibition of healing from

wounds and disease, and decreased oxygen-carrying ability by the blood. Other effects such as high blood pressure and cancer have become more widely known in recent years.

Tobacco use, according to recent literature, triples one's risk of heart disease. The risk of getting lung cancer increases 2000 percent. Smoking has been implicated in 90 percent of lung cancers among males and 85 percent among females. Tobacco use of any kind has been implicated in 90 percent of all oral cancers. Surgical treatments can be drastic, including removal of an entire lung. According to Lt. Cmdr. Moon at Sigonella Hospital, cases of oral cancer can make it necessary to remove all tissue up to 4 centimeters (about an inch in all directions) around the cancer. This can easily mean the removal of half of a person's face, for instance.

With all of the publicity associated with tobacco use, one may wonder why not quit? Unfortunately, nicotine, the addictive substance in tobacco, can be 10 times more addictive than heroin, making the task of quitting difficult. Fortunately, NAS Sigonella Hospital's Smoking Cessation Course is available every month to help.

The first step is to stop by the Health Promotion Office for an information package (in the hospital on NAS I, 2nd deck next to the Tricare Office.

Step number 2 is to make an appointment with your provider. Many medications can help you quit, and your provider can get a prescription for one that is right for you.

Step number 3 is to call 624-4710 to join the course. You can also try the online program at www.lungusa.org.

American Medical Center Cancer Research Center and the American Heart Association provided information for this article.

Protect yourself against credit card fraud

*Cmdr. David R. Daniels
JAGC, USNR*

Having to show your ID in order to use a credit card may seem like a hassle. Unfortunately, with credit card fraud on the rise, showing ID is now almost always required. The good news is that greater credit card security not only protects you, the cardholder, but it helps keep down interest rates as well.

The credit card companies pass the cost of credit card fraud onto the consumer by means of higher interest rates. Thus, higher security on the part of credit card companies and businesses means lower interest rates for consumers. In addition, however, to what credit card companies and businesses require at the check-out, there are practical steps you can take to keep your cards safe from fraudulent use. Guarding your card against theft requires knowing how the would-be crook gains access to your card and pin number.

Outright theft is one of the most obvious ways a criminal can gain access to your card. Many thieves don't steal your whole wallet, but may remove just one or two credit cards. If you do not use your credit cards regularly you might not even notice the theft until it is too late. For this reason you should keep cards that you

don't use locked in a safe place. Also, some credit card companies offer cards with your photo on them. This makes it much more difficult for the thief to use the card if he or she successfully steals it.

It is also a good idea to keep a list of your credit card numbers and the phone number and address of the card issuer. By doing so you will be able to quickly notify the lender in the event your card is stolen.

Keep in mind that a thief does not need to have the actual card in order to make a charge to it. Thieves can simply use your credit card number when making phone and catalog purchases. Many thieves obtain these numbers from carbon copies, receipts, or monthly billing statements. Therefore, it is important to make sure these items are either safeguarded or destroyed. Notify your lender promptly when you change your address. This will reduce the possibility of your statement falling into the wrong hands.

Another way a crook can gain access to your credit card number is by calling you at home and posing as a salesperson or a credit card representative. These slick hustlers have devious ways of getting the relevant information out of you. To avoid being a victim of

this confidence game, never give anybody your account number over the phone unless you initiated the call and are dealing with a reputable company.

Remember to safeguard personal identification numbers (PIN). Crooks will attempt to observe you inputting your PIN at the ATM machine. After you have departed the area, they check the trash for your ATM receipt. With your PIN and your account number taken from the ATM receipt, they are able to make charges to your account. Therefore, obstruct the view of the keypad with your free hand as you input your PIN, and take your ATM receipt with you when you are done. This will frustrate anyone trying to gain access to your account in this way.

The extent of your liability for charges made on your stolen credit card depends to some extent on how soon you notify the credit card company. Generally, the sooner you notify the lender the lower your liability. Therefore, open all billing statements promptly and verify all charges. If any seem questionable, report them immediately.

If you have any questions on this topic or about any other consumer law issues, please call the NLSO at 624-5258.

Start The New Year Tobacco Free

*Courtesy of Sigonella Health
Promotions Department*

"Stopping smoking is the easiest thing to do—I've done it a hundred times!"

You might laugh at this old line. But quitting tobacco use is no laughing matter to those who are hooked. Nicotine is a powerfully addicting drug and ending a dependence on it can be a very difficult thing.

Get help. Each year, only about five percent of people who try to stop on their own succeed. Research shows that the best success is achieved by those enrolled in formal tobacco cessation programs.

Keep trying. Most tobacco users require many tries before they are able to stop for good. An unsuccessful attempt is not a failure; it is a learning experience that brings you one step closer to your

goal. The Health Promotion department stands ready to help you reach this goal. We offer you resources that will prepare you to take the big step towards a tobacco free life, and Tobacco Cessation classes on a monthly basis. Stop by our office at the NAS I hospital, or give us a call at 624-4710 for more details. Have a happy, healthy tobacco free New Year.

Unresolved Resolutions



**By Chaplain
Timothy
Moore
Command
Chaplain**

Happy new year! How are you doing so far on the new resolutions for this new year? Truth be known, those probably aren't really "New" resolutions, just the old one's from last year or the year before that you dusted off and are going to try one more time to achieve. We all like to imagine ourselves in a more positive light. We like to see ourselves 20 lbs. lighter, one pay grade higher, more in control or more ____ (you fill in the blank).

Someone recently said that they'd be happy if they could be one pay grade higher; then they'd be happy enough to retire. I quickly pointed out that the "fulfillment" would only last until they were in line to be promoted again, then all the worry, frustrations, etc. would be rekindled. Our character is always to have a little more, be a little better, and strive for the next rung on the ladder of success. This is a positive aspect of our personality but it often leads us to sometimes having an unrealistic view of life in that we never become satisfied.

Don't get me wrong here. We do need to always set goals for ourselves personally and professionally. But let's not get so caught up in "achieving" that we lose sight of living. Some people set goals for their lives; others are bound by the goals they have set for their lives. Our lives are too short to be lived in a constant state of frustration with who want to be. We need to realize that we cannot always meet every goal we have set for our lives. It is sometimes important for us to throttle down on becoming more or achieving greater success and just learn to live life to the fullest.

God has a perfect plan for each of us. It is more important to live according to His design for our lives than what Dr. Phil thinks. We cannot please everyone in life; and it will be very frustrating to try. God's plan for us was designed before we were born. This year make the decision to chop a few pounds if you need to, work on achieving your next promotion if you're ready for the challenge but don't allow these goals to govern your life. It is more important to work on getting some balance back into your spiritual life and becoming fulfilled with God's plan for you and who He wants you to become than struggling to please others. Happy new year!

NAS Sigonella Worship Opportunities

Catholic Mass
Saturday 5 p.m. Chapel (NAS II)
Sunday 9 a.m. Chapel (NAS I)
Sunday 9 a.m. in Italian 41st
Stormo Chapel (NAS II)
Sunday 11 a.m. Community Center (Mineo)

Protestant Traditional Worship
Sunday 9 a.m. Chapel (NAS II)

Protestant Worship
Sunday 9 a.m. Community Center (Mineo)
Sunday 11 a.m. Chapel (NAS I)

Church of Jesus Christ of Latter Day Saints
Sunday 1 p.m. Chapel (NAS I)

Church of Christ
Sunday 3:30 p.m. Chapel (NAS I)

Jewish Shabbat Service
Last Friday of the month 5 p.m. Chapel (NAS I)

Weekdays
Daily Catholic Mass 11:30 a.m. (NAS I & II Chapels)
Wednesday Protestant Bible Study
4:45 p.m. (NAS II Chapel)
For more details, call 624-4295 or 624-2947.

SECURITY BLOTTER

CRIMESTOPPER'S HOTLINE
624-6389
Dec. 29, 2003 — Jan. 1, 2004
The following incidents were reported and categorized as follows:
Traffic accidents without injuries - 6
Traffic accident with injuries - 2
Car break-ins - 4
DUI - 0
DUI's 2004 - 0
DUI's 2003 - 58

Commanding Officer Capt. Timothy L. Davison	Deputy Public Affairs Officer Alberto Lunetta	Staff Writers AN Michelle Hartgraves
Public Affairs Officer Lt. Steve Curry	Asst. Public Affairs Officer JO1 Craig Coleman	JO3 Steve Weaver
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NAVY NEWS

Interrogation of suspected al Qaeda affiliates lead U.S., Australian navies to seize more drugs

From Commander, Joint Forces Maritime Component, Commander, U.S. Naval Forces Central Command/Commander, U.S. 5th Fleet Public Affairs

ABOARD USS PELELIU, At Sea (NNS) — Fifteen individuals were detained and an estimated 2,800 pounds of hashish (approximately \$11 million street value) were seized Jan. 2 by U.S. and coalition maritime forces following the interception of a dhow Jan. 1 in the North Arabian Sea.

These forces were operating in international waters in the Commander, U.S. Naval Forces Central Command/Commander, U.S. 5th Fleet area of responsibility in support of expanded maritime interception operations designed to deny use of the seas by terrorists under the auspices of the global war on terrorism.

This interception is the third in two weeks by coalition maritime forces. USS Decatur (DDG 73) detained a dhow and its 12 crew members and seized upward of \$10 million in hashish Dec. 15; USS Philippine Sea (CG 58) detained two dhows and their 21 crew members and seized 95 pounds of heroin and 50-to-100 pounds of methamphetamines Dec. 20.

Of the total 33 crew members originally detained in those interceptions, 10 have been transferred to a secure, undisclosed facility for further questioning by U.S. officials. These 10 were transferred after initial interrogations revealed possible al Qaeda affiliations deemed noteworthy enough to pursue further. Intelligence gained from those interrogations and documents discovered on board the detained dhows led to this third operation.

The remaining 23 crew members have been turned over to officials of a country in the region.

"Many terror organizations have been assessed to use drug money to fund their operations," said Vice Adm. David C. Nichols, Jr., Commander, U.S. Naval Forces Central Command/Commander, U.S. 5th Fleet. "It is easy to see how al Qaeda could use this money-making network to fund their operations."

No one was injured in the boarding.

Following indications that the dhow was involved in



Boarding teams from USS Port Royal (CG 73) and the 13th Marine Expeditionary Unit (Special Operations Capable) assigned to Expeditionary Strike Group One (ESG 1) seized over 2,800 pounds of narcotics, believed to be hashish upon inspection of a dhow suspected of drug trafficking. The narcotics were stored in 50 to 100 pound bags and were during an inspection uncovered by U.S. boarding teams.

smuggling activities, an Australian P-3 located and tracked the dhow as U.S. Naval forces prepared for the interception. USS Peleliu (LHA 5), USS Port Royal (CG 73) and USS Germantown (LSD 42), as well as elements of the 13th Marine Expeditionary Unit (Special Operations Capable), conducted the interception. Boarding teams discovered the hashish underneath blocks of ice and in hidden compartments.

The U.S. units are assigned to Expeditionary Strike Group (ESG) 1, a new U.S. Navy task force that integrates amphibious warships and Marines with a Tomahawk missile-capable cruiser and destroyer, a frigate and a fast-attack submarine.

The 15 detained crew members are currently aboard U.S. warships awaiting further screening by U.S. officials. Potential detainee connections to al Qaeda or other terrorist groups will be investigated.

"This mission was perfectly suited to our capabilities," said Rear Adm. Bob Conway, Jr., ESG-1 commander. "We are designed to provide combatant commanders the flexibility to conduct operations across the spectrum of conflict. The immediate nature of this tasking challenged our ability to locate and intercept the dhow on short notice."

selors with Big E's success.

"We have departments with 500 and 600 people in them," said Jeffries. "That's more people than most small ships. It's really because of the departmental career counselors that we won this award. They deserve the credit."

"The work that went into this also reflects the commitment of the Sailors on the deckplates," said Command Career Counselor Senior Chief Navy Counselor (AW/SW) Joe King.

As one of only two Atlantic Fleet aircraft carriers to win the award, the other being USS Dwight D. Eisenhower (CVN 69), Enterprise career counselors relied on special programs to persuade Sailors to "stay Navy."

"We used GUARD 2000 as a reenlistment tool," said Jeffries. "Some Sailors shaved 18 months of sea time off their enlistments with GUARD 2000. The program also helped some Sailors get a choice of duty stations."

Big E, page 11

Big E Wins Golden Anchor award for retention

*By JO3(SW) Jason Thompson
USS Enterprise Public Affairs*

ABOARD USS ENTERPRISE, At Sea (NNS) — Commander Fleet Forces Command announced USS Enterprise (CVN 65) as a winner of the Retention Excellence Award for fiscal year 2003 in a message released Dec. 23.

The Retention Excellence Award, also known as the Golden Anchor, recognizes commands meeting or exceeding retention goals for the year. Big E met the established minimum goal of a 56 percent retention rate for Sailors within their first six years of service, 73 percent retention rate for Sailors with six to 10 years of service, and 86 percent retention rate for Sailors with more than 10 years of service.

"To win the award, we have to meet all the retention goals, but we also have to have an attrition rate of less than 18 percent," said Navy Counselor 1st Class (SW/AW) John Jeffries of Big E's career counselor office.

Jeffries credits each of the departmental career coun-

Rabies and bats what to look for

Courtesy of NEPMU-7

What is rabies and how do people get it?

Rabies is an infectious viral disease that affects the nervous system of humans and other mammals. People get rabies from the bite of an animal with rabies. Any wild mammal, such as raccoons, skunks, fox, coyotes or bats, can have rabies and transmit it to people. Rarely, people may get rabies through contact with infectious material from a rabid animal.

Because rabies is a fatal disease, the primary goal of public health is to prevent human exposure to rabies by education. The secondary goal of public health is to prevent the disease by anti-rabies post-exposure treatment. Tens of thousands of people are successfully treated each year after being bitten by an animal that may have rabies. A few people die of rabies each year in the United States and Europe, usually because they do not recognize the risk of rabies from the bite of a wild animal and do not seek medical advice.

What are the signs and symptoms of rabies?

Rabies may start with nonspecific flu-like symptoms including malaise, fever and/or headache. There may be discomfort or numbness and tingling at the site of the bite or exposure. The disease progresses within days to weeks to signs of neurologic dysfunction including anxiety, confusion, agitation, insomnia, abnormal behavior, hallucinations, and/or delirium. The acute period of disease typi-

cally lasts two to 10 days. The disease is nearly always fatal once clinical signs of rabies appear. There is no treatment for rabies other than supportive care. Disease prevention requires early recognition of rabies exposure and prompt medical treatment including both passive antibody (immune globulin) and vaccination after an exposure.

Why should I learn about bats and rabies?

In the United States most of the recent cases of human rabies have been caused by bites or other exposures to bats. In Europe, most of the human rabies cases have been caused by bites from rabid animals other than bats. The World Health Organization (WHO) has not reported a case of rabies in either animals or humans from Italy in the last two years. However, many countries surrounding Italy have known rabies in both bat and other animal populations. All of the Balkan states, Spain, France, Switzerland, Germany and all of North Africa have rabies in animal populations. Awareness of the facts about bats and rabies can help people protect themselves, their families and their pets.

Many popular notions about bats are not true. Bats are not blind. They are neither rodents nor birds. They will not suck your blood. Most bats do not have rabies. Bats are mammals, and they play a key role in ecosystems around the globe. Bats eat insects,

Rabies, page 8

Sexual Assault Victim Intervention

SAVI offers a Sexual Assault Hotline staffed with trained Advocates who man the SAVI Hotlines 24/7. The number is 335-642-8312 or 335-606-6146.

Tricare Prime or Standard for Maternity care.

*By JO3 Steve Weaver
Staff writers*

Active duty servicemembers and their families have two choices for their health care: TRICARE Prime or TRICARE Standard.

Of course this applies to maternity care, but recent changes in TRICARE regulations allow beneficiaries with TRICARE Standard to choose a civilian provider for maternity care, even if they live close to a military treatment facility (MTF).

TRICARE Prime and TRICARE Standard are two programs that are available in Europe," said Cinzia Giordano, a TRICARE health benefits advisor at Sigonella. "TRICARE Prime is for active duty and active duty family members. TRICARE Standard is for everybody, especially for retirees because retirees in Europe do not have prime. The difference between both programs is that TRICARE Prime covers almost everything that is medical related, not cosmetic. It has no cost share and no deductible and it's free for active duty and family members. TRICARE Standard has a deductible and a cost share."

Giordano suggests TRICARE Standard for only specific cases. "There are people for instance who have several needs," she said. "People that go very often back to the United States. In that case we suggest Standard because they can be seen by any doctor without any referral. So in this case, for instance if somebody goes to the United States and want to be seen by their old doctor, if the doctor is an participating doctor, they can go without the doctor in Sigonella giving an authorization number. With Prime they need an authorization number. They have to pay a little bit if they want a better service or a larger service, but they can be seen everywhere with out an authorization number."

If a family chooses civilian maternity care they must consider and weigh their options. To convert to standard, a family must disenroll from TRICARE Prime and convert to Standard, which means not being able to re-enroll in TRICARE Prime for one year unless the sponsor is E-4 or below. During this time, patients needing medical attention, other than maternity care, will be subject to out-of-pocket expenses, such as deductibles and co-payments.

Once converted to TRICARE Standard, all standard cost shares are applicable. The family is required to pay cost shares for health care, for example, if a pregnant patient requires care not related to the pregnancy, such as an illness or a broken limb.

Another reason to choose TRICARE Standard would be familiarity with a provider. "We have many Italian ladies who have American husbands, or vice versa, there are many men married to American military ladies," Giordano said. "If they prefer to keep the doctors they have, they can be in TRICARE Standard and they can go wherever they want to go and they don't have to ask for authorization or permission."

Under TRICARE Standard, a woman may choose a civilian doctor or midwife for prenatal care and have the baby under TRICARE Standard in a civilian hospital, even if the patient lives near an MTF who provides maternity services. TRICARE pays for the expenses associated with the pregnancy before, during and after, but there are co-payments, which amounts vary.

When choosing the program to best suit the health care needs of a family, weigh your options and chose wisely. For more information contact the Sigonella TRICARE service center or visit the TRICARE website at www.TRICARE.osd.mil.

Flu and cold season is here

*By AN Michelle Hartgraves
Staff writers*

As you put away the Christmas decorations and start a new year, you may be bringing out boxes of tissues to wipe your runny noses and hot teas to help sooth sore throats.

This year is predicted to be one of the worst seasons for influenza and the common cold. The time span for the cold and flu system runs approximately from October until April.

Younger children, especially those in daycare are expected to get more colds a year than adults because of the close proximity to other children. "Children's immune systems are not as advanced or defined as adults," said Lt. Stephen Dolak, flight line clinic manager.

Since colds are caused by over 200 different types of viruses, there is no cure for the common cold. Antibiotics do not kill these viruses and can lead to resistant strains of bacteria. Prevention is the best approach to combat the cold virus; however once it's taken hold, the best you can do is try to minimize the symptoms by taking medicine such as cough suppressants, decongestants and Tylenol.

Colds usually run their course after one to two weeks, however if it lasts for more than 10 days Dolak urges patients to be seen by their health care provider.

Flu and Cold, page 11

News Briefs

Martin Luther King Jr. Holiday Observance

There will be a Dr. Martin Luther King, Jr. Holiday Observance on Jan. 16 from 11:30 a.m. to 12:30 p.m. at the NAS I Chapel. For more information, call YNC Davis at 624-6141 or 624-6411.

Vet Clinic Closures

The Vet Clinic will be closed Jan. 16 and Jan. 19 in observance of Martin Luther King Jr's birthday. Clinic hours will remain the same for the rest of the month; Monday thru Wednesday and Friday from 7:30 a.m. to 4 p.m. Closed on Thursday.

Travel Plans

Are you going on leave or taking an ITT trip outside of Italy? Remember your Antiterrorism brief! Call your command Antiterrorism Training Officer (ATTO) for more information.

New Fuel & Oil Price Increases

Due to the increase of the tax-free petroleum products (POL), Nato Forces coupon contract prices and the U.S. dollar fluctuation, the following new prices are now effective.

Unloaded/Diesel Gas-\$44.50/100 Liters

Unloaded/Diesel Gas-\$89/200 Liters

Multi Oil-\$37/10 Liters

Sint Oil-\$42/10 Liters

LPG Bombola-\$47.50/50 KG

LPG Bombola-\$95/100 KG

LPG Bombola-\$190/200 KG

LPG Bombola-\$160/400 Liters

Tax-free POL coupons are to be used at Agip and Esso Gas stations only.

Birthday Celebrations

If your looking for a way to celebrate your birthday, you may want to try the Crater Pub. Beginning this month the Crater Pub is going to begin a great new program that will give everyone an opportunity to celebrate their birthday, and it's free - the Birthday Bash program. If you want to have your Birthday Bash with us, all you need to do is come by the Crater Pub and register, we will celebrate each month. The evening of the Birthday Bash everyone registered will have their name on a giant cake and we will give each registered customer a free bottle of Italian Spumante to share with their friends. You'll celebrate your birthday with a special 2-hour Happy Hour and birthday party favors for everyone! Our first Birthday Bash celebration will be on Friday, January 16, 8pm. Ken Dexter, the MWR Clubs Coordinator boasts, "why do the work on your birthday when the Crater Pub can do it for you and it's free, complete with DJ and great music."



By Alberto Lunetta
Signature Staff

Italian News

Sicilian culture and lifestyle

Discount shopping season kicks off in Sicily

It's again *sconti* (sales) time in Sicily. Here is your chance to strike good bargains while shopping in the local economy. Tomorrow, local merchants will start the discount season by cutting prices. The *stagione degli sconti* or discount season will officially last until March 15. During the first days, Italian shoppers would typically flock the stores for good deals. So expect long lines.

While you're in search of big bargains, be sure you keep in mind some tips that Italian consumer associations have suggested to avoid rip-offs and disputes with merchants that would be difficult to handle without an Italian translator next to you. Yet, according to Italian Consumer Associations officials, some unfair retailers might try to sell shopworn or damaged items as "promotional sales" just to reduce the quantity of merchandise in stock.

Here are some concrete rules of thumb. First of all, do not trust discounts higher than 50 percent from the initial price. A "sensational" 80 or 90 percent discount might sound like a tempting offer but it is probably a rip-off.

Remember that, during the discount season, defective merchandise could be exchanged or returned as usual. There is no "special return policy" when you shop at sales. Therefore, always keep your *scontrino* or receipt and distrust the shops that display signs saying: "*la merce venduta non si cambia*," which literally translates in English: "purchased merchandise cannot be exchanged," or "all sales are final." You have the right to change any defective fabric or shoe that is not up to sample within two months. Retailers can either refund you or give you a coupon that should be spent in the same shop.

Be sure to look an item over carefully before you buy it. Check different shops to compare prices. If you have already visited a store you might be able to evaluate if a

product was over-priced and then marked down. As a general rule, if you just arrived in Sicily and you have not been around a lot, be oriented toward buying at big department stores, where sales are usually fair.

Stores must display on the tags the initial *prezzo* (price) and the reduced price, both in ciphers and in percentage.

Finally, remember that you can use any way of payment. Mistrust shop owners who display signs saying "*non si accettano carte di credito e bancomat*" (credit cards and ATM cards are not accepted) because of the sales season. They shouldn't do that. It is illegal. If you don't see any signs around, and the sales clerk tells you about it upon paying, tell them you know they are supposed to accept your credit card or ATM card. If they do not back off of their refusal, and you are not willing to pay cash, leave the shop and look for your best deals somewhere else!

Jazz concerts in Sicily

Don't miss the opportunity to enjoy some smooth jazz. Plan to attend the concerts of Toots Thielemans, a highly gifted Belgian harmonica player who will be performing in Sicily from Jan. 15 through 17.

The concerts, which will begin at 9:30 p.m., will take place in the following venues throughout Sicily: Catania- Jan. 15 at the ABC Theatre in via Pietro Mascagni n. 92, Siracusa- Jan. 16 at the Vasquez Theatre located in via Filisto n. 5 and Messina - Jan. 17 at the Savio Theatre in via Peculio Frumentario.

Toots Thielemans was born in Brussels (Belgium) in 1922. At age of three he began to play the accordion. Thielemans later discovered the harmonica as a teenager after seeing the American virtuoso Larry Adler in a movie. He also began to teach himself guitar but the German occupation of Belgium in 1941 forced his family to flee to France. When the Nazis occupied France, his family moved back home. By 1944,



The legendary Belgian harmonica player Toots Thielemans, who has been considered a virtuoso of his instrument since the mid-'50s, will be performing in Sicily from Jan. 15 through 17.

Thielemans was playing guitar in American GI hangouts in liberated Brussels. Thielemans emigrated to the U.S. in 1950. His careers highlights include concerts and recordings with names like George Shearing, Ella Fitzgerald, Quincy Jones, Bill Evans, Jaco Pastorius, Natalie Cole, Pat Metheny, Paul Simon, Billy Joel and others.

In January 1993, the Washington Post wrote about him: "Toots Thielemans's performance at Blues Alley on Saturday night was a rare treat and that's putting it mildly. The 80-year-old, Brussels-born jazz harmonica virtuoso last performed at the Georgetown club when Lyndon Johnson occupied the White House and the Beatles were just beginning to dominate the American pop charts. In the nearly 40-year interim, Thielemans has wooed the world with a small instrument that, in his cupped hands at least, produces a hugely seductive sound."

Thielemans' film works include: "The Pawnbroker," (1964), "Midnight Cowboy" (1969), "The Anderson Tapes" and "Brother John" (both 1971), "The Getaway" (1972), "Cinderella Liberty" (1973), "The Sugarland Express" (1974), "The Wiz" (1978), and "Funny About Love" (1990), among others.

Recently Thielemans recorded two successful Brazil Project albums with composers and performers Ivan Lins, Djavan, Gilberto Gil, Milton Nascimento, Luis Bonfá and others.

For more information and tickets call *The Brass Group* at 095-7465174 or 347-6372592. To purchase tickets you can call Ticket Box Office at 095-72225340 for the Catania concert. If you decide to attend the other concerts contact the following agencies: Sud Dimensione Servizi 090-343818 or Savio Theatre at 333-8290900 (Messina concert) and Ortigia Viaggi Ticket's Box 0931-411671 or ASAM at 0931- 21539 or 335-6665835.





SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			
<div>COMMUNITY CALENDAR</div>										9	Catania Shopping ITT Call 624-4396		10	2nd Annual Aerobathon 9 a.m. to 2 p.m. NAS II Gym Call 624-4483	
11		12		13		14		15		16		17			
Patti Shopping & Tindari ITT Call 624-4396		PTO Meeting 2:30 p.m. Rm. B-25		Mineo Playgroup 10 to 11 a.m. Mineo Comm. Bldg		Super Bowl Trivia Contest 11 a.m. to 3 p.m. Take 5		Acireale City & Shopping ITT Call 624-4396		Dr. Martin Luther King Jr's Holiday Observance 11:30 a.m. to 12:30 p.m. NAS I Chapel Call 624-6141/6411		Castle Tour Photo Safari Call 624-3718			
18		19		20		21		22		23		24			
Carini Castle & Seafood Lunch ITT Call 624-4396		Dr. Martin Luther King Jr's Birthday		Beary Special Sibs 3 to 4 p.m. Pediatric Waiting area Call 624-4291				Traviata by Guiseppe Verdi Bellini Opera 4:30 p.m. depart NAS I Call 624-5271		Face Painting Day 4 to 5 p.m. BLAST No School		Horse Trekking Trip AU Call 624-4271			
25		26		27		28		29		30		31			
Agrigento Valley of the Temples & St. Leone Beach ITT Call 624-4396		Special Additions 1 to 3 p.m. Comm. Bldg Rm. 203 Call 624-4291		National Diet Month 11 a.m. to 3 p.m. free diet sodas Take 5				Liberty Sailor Special play three games for free including three shoes 12 to 8 p.m. TENPINS		Catania History ITT Call 624-4396 No School		SKI Mt. Etna AU Call 624-4271			
LIBERTY Call		Sat., Jan. 10		Sun., Jan. 11		Mon., Jan. 12		Tues., Jan. 13		Wed., Jan. 14		Thurs., Jan. 15		Fri., Jan. 16	
Fri., Jan. 9		Go horse trekking on Mt. Etna with AU. Discover beautiful trails and maybe a little snow. Bring warm clothes, a bag lunch, a camara and Euro for the three hour ride. There is only room for eight so sign up now. Call 624-4271. Visit the historical island of Ortigia then relax at a seafood restuarant. Call ITT at 624-4396.		Shop at the Caleca factory in Patti known worldwide for its hand painted pottery. Then tour Tindari home of a Roman street network, a Greek theater and the Sanctuary of the Black Madonna. Call ITT at 624-4396.		Early Bird Bingo games go on saleat 5:30 p.m. in the Crater Pub.		Join AU for some high speed fun . Go go-karating in Villasmundo. Trip goes rain or shine. Minimum of eight to go. Pack your lunch and drinks. Call 624-4271.		Single, unaccompanies sailors E-6 and below will recieve free admission in the theatre when they present a military ID and a barracks room key. Today marks the anniversary of the first Superbowl. Come to Take 5 and answer Super Bowl Trivia from 11 a.m. to 3 p.m.		Shop Acireale with Liberty, the town known for its churchs and Greek legends. Call 624-5607.		First Birthday Bash at Crater Pub with a two hour Happy Hour and birthday party favors at 8 p.m. Call 624-5271.	
Go shopping with ITT in Catania. Call 624-4396. Jam to Salsa, cumbia and merenque at the Crater Pub from 8 to mid-night.															



Word Find

Heisman Trophy winners

R L O T G B G K S H J S T X R X E N B E J L E S V
C A A P O N Q I R D P R W B U P O K G B P Z T U E
Q L T T U U M Z D T S E E T P N G R N N U A F L S
H Q M N T S K L A I P D C O N L M R P I U B L B S
U L R G G N V Q Y Z U N K A N V U S I B E N U B E
K O L C C A E R N P R A C K W I I N A F M W T X L
H V H R I E O R E P R S T M E M L C K A F C I R S
E D R E V A T S E T I F Q O P S H L A E G I E O N
S M A L L I W X O K E K Z S C Y P L E R T V N D I
X E Q M F Q E W V D R Y O C T A A U F B Y T A G K
S G O C D W H A S X V N A X L S K I R Q I H B E W
T R L Y C F R R P I D F J M L R A J C D S B E R A
D O R S E T T E R R A G E L O R Y A P O E N B S D
B E T R U W C O T I I R E Z R K P T W Q E T E W V
X G F F J P H J L Z L B I N M P B T N S V W M W U
C A S S A D Y I G V P E O B E P S E Z O R M I E O
H O W A R D A X T M R S F L G N G R C L S E B Q R
S U L L I V A N A E K W L F H X J R Q T N D G B F
D J V H E E H C P C I E A F R P P O R D W W O O G
V Y K H T R R S A E T A B R N E D T D A V I S O R
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K S R M A S C V I R E O E W G E Y W W R E K L A W
R Y H C U O R C O K V X R W I Y I P R V P E V V L
W O R C H N K W A N I A O L R N E L L A D E C P X
I E V T I X N B T E V K N E C V S R W E Z C A T G

ALLEN	CASSADY	GARRETT	PALMER	SPURRIER	WEINKE
AMECHE	CROUCH	GEORGE	PLUNKETT	STAUBACH	WHITE
BAKER	CROW	GRIFFIN	RODGERS	SULLIVAN	WILLAMS
BEBAN	DAVIS	HORNUNG	ROGERS	TESTAVERDE	WOODSON
BELLINO	DAWKINS	HOWARD	ROZIER	TORRETTA	WUERFFEL
BROWN	DAYNE	HUARTE	SALAAM	VESSELS	
CAMPBELL	DETMER	JACKSON	SANDERS	WALKER	
CANNON	DORSETT	LATTNER	SIMPSON	WARD	
CAPPELLETTI	FLUTIE	OWENS	SIMS	WARE	

TRIVIA

- 1) Artist Bob Kane patterned Vicki Vale from Batman comics on drawings he had done on a California beach of what young actress?
2)In what city was Barbara Bush born?
3) What was the name of the deepest crater in the Moon?
4) Jack the Ripper terrorized an area of London known as what?
5) What's the next number in in this series: 0, 3, 8, 15, 24 ...?

(Answers on page 12)



Friday, Jan. 9

Monday, Jan. 12



6 p.m.
Looney Tunes:
Back in Action (PG)**



6 p.m.
Lord of the Rings:
the Return of the King
(PG-13)



8 p.m.
Scary Movie 3 (PG-13)**

Theater Closed Tuesdays

Saturday, Jan. 10

Wednesday, Jan. 14



1 p.m.
Dr. Seuss' The Cat in
the Hat (PG)**



6 p.m.
The Texas Chainsaw
Massacre (R)*



3:30 p.m.
Brother Bear (G)



8 p.m.
Scary Movie 3 (PG-13)



6 p.m.
Cheaper by the Dozen (PG)**

Thursday, Jan. 15



6 p.m.
Kill Bill (R)*



1 p.m.
Radio (PG)



8 p.m.
The Last Samurai (R)

Sunday, Jan. 11

Friday, Jan. 16



3:30 p.m.
Runaway Jury (PG-13)



6 p.m.
Gothika (PG-13)



6 p.m.
Scary Movie 3 (PG-13)



8 p.m.
Master and Commander
(PG-13)

*** Future Re-release **Sneak Preview *Last Showing
(All times and movies are subject to change. For more information on the schedule, call the movie hotline at x4248)

SCHOOL NEWS

Navy-Marine Corps Relief Society scholarship

From: Jennifer Contreras, Director

Rear Adm. Steve Abbot, President and CFO of the Navy-Marine Corps Relief Society has just announced that we are once again accepting applications for the Vice Adm. E. P. Travers Scholarship and Loan Program for spouses of active duty personnel.

The Travers Scholarship is named after the Society's 11th President, the Vice Adm. E.P. Travers. It is Loan and Scholarship Program that provides scholarships and interest-free loans to dependent children and spouses of active duty service members.

The Travers scholarship provides students with grants of up to \$2,000 for an academic year. The Travers loan offers interest-free loans of up to \$3,000 (for an academic year) to students' service member sponsors. One application form is used to apply for both the scholarship and the loan.

Service members who take out a Travers loan must arrange to repay the loan within 24 months by allotment of pay. The minimum loan amount is \$500, and the minimum monthly payment is \$50.

Travers application forms are available now on the Society's web site for the following school year. Applications must be received at Headquarters no later than March 1st each school year (about six months before the start of the fall semester).

For more information about this outstanding program, please visit the official NMCRS website: WWW.NMCRS.ORG and click on the link for Education. Or email: education@hq.nmcrs.org

Rushlow brings a little Texas to NASSIG



Rushlow, consisting of keyboard/vocalist Bill Welch, bass guitarist/vocalist Tully Kennedy, acoustic guitarist/vocalist Doni Harris, guitarist/lead vocalist Tim Rushlow, drummer Rich Redmond, and lead guitarist Kurt Allison, played Dec. 19 near Take 5.

By JO3 Steve Weaver
Staff writers

The country rock band Rushlow stopped by Naval Air Station Sigonella Dec. 19, to give the Sailors a little taste of Texas.

Rushlow, consisting of keyboard/vocalist Bill Welch, bass guitarist/vocalist Tully Kennedy, acoustic guitarist/vocalist Doni Harris, guitarist/lead vocalist Tim Rushlow, drummer Rich Redmond, and lead guitarist Kurt Allison, traveled through Italy, Germany, Spain, Bahrain, Dubai and the 5th Fleet area to bring some holiday cheer to the troops.

The band "Rushlowed" through their set of songs, which included a plethora of ditties from their new album "Right Now," holiday favorites such as "Oh Holy Night," and a few from the 90's famed contemporary country group "Little Texas," which Tim Rushlow founded along with vocalist-guitarist Dwayne O'Brien.

"I would never be able to do a show without including some of those songs to kind of show people what I've done before," said Rushlow. "It's really cool because these guys bring a fresh edge to that stuff that really makes it sound brand new. A lot of times when I'm singing it I feel like it's Rushlow music. You can see a lot of the [troops], when they're watching, they kind of connect with us, 'Oh, I remember that song.'"

The band, who has been together for three years, took the old fashioned approach to starting up. "We disappeared for a couple years...played clubs and just really made sure that our sound was tough and ready for what we thought radio would expect from a group that looks and sounds like we do," Rushlow said.

Rushlow considers their music to be edgy country. "We realize the parameters for country radio," he said. "We do walk on the line of contemporary country very much so. We're not going to kid anybody and say we're traditional. We've all got some traditional country in our CD players, in our collections. It's not what we listen to on a daily basis. We gravitate towards the stuff that is sort of pop sounding, but is still very country. The main thing I would want everybody to know is we play and sing every-

thing on our own records. We do it live and we have a great time doing it."

The group also had a great time playing next to a Seabee flag the whole night. Many people from Sigonella danced and sang along, some donning orange cones on their heads. Needless to say, it was a festive occasion.

"We're honored to be here," Rushlow said. "We're having the time of our lives getting to see some places we'd never get to see." He said the band also like hanging out with the troops, sharing stories and giving high fives. "Some of them want to hear something from home, so we're happy to share with them. We're having a ball."

Travel during the tour would not have been possible without Rushlow's new friends. "We're also real fortunate that we got VR-52 (Fleet Logistics Support Squadron 52) out of Pennsylvania got and an incredible C-9 and a great crew," Rushlow said. "These guys are all stars. When we get done with a show and we go to grab our guitar cases our flight crew was lifting stuff and helping out. We're going to be sad to see them leave. We had fun swapping patches...now we have to get a Rushlow coin made. [We were] happy to have them on board for this whole trip."

The band has done shows before for the military, but nothing like their recent tour. "Last year we played in Bahrain...we did a couple bases," Welch said. "It went by pretty quick. I think we like the fact that this one is lasting a little bit longer. We get to see a lot of cool places and a lot of cool people."

The band recognizes why these people are "cool." "All the freedom we have to record music and put an album out is ours because we have people fighting to keep us free," Rushlow said. "So to us it makes sense to come and do this."

The band left a message to the servicemembers overseas. "Stay the course and rock on. I know everybody's anxious to get home. We support our president, we support our armed forces completely in what they're doing. We pray for them daily and look forward to seeing them all come home and for places like this continuing to excel. We're here in complete support."

EOD from page 1

duties that nobody wants and does magnificently well in those categories. He takes on added responsibilities that other people would say are not for them.”

“[Shelton] has received a lot of accolades at the command since he’s been here,” said Lang.

“Quite recently he received a Navy Achievement Medal for his performance as GMT coordinator.” This is one of the things Shelton likes to do.

“I do financial briefs...I do a lot of personal financial counseling,” Shelton said. “One of my greatest accomplishments is when someone can come up to me a months or two months down the road and say, ‘OS1, I appreciate what you did. It really helped me out, really helped my household out.’ That’s the biggest accomplishment is when I do what I do and it helps people and people can remember the things that I’ve said over the months or years.”

“He was also nominated for EODMU 8 volunteer of the year,” said Lang. “Not only does he perform well at the command, but he also performs out in the open in front of the community.”

Shelton likes performing and sharing his musical talents with the community. He plays mostly gospel music using the trombone, drums and the keyboard. “When I first got on the island we did a concert in the city of Scordia,” he said. “It was very funny. When we started singing ‘Oh Happy Day,’ that it’s one of the Italians favorite songs. When we started singing that song the Italians went crazy and they started rushing the stage and wanted to sing on the microphones. That was a very unique, pleasant experience just arriving to the island. We have done numerous concerts. Word is getting out about the stuff that we do. It was very nice to do something for the Italians and have that positive U.S. Navy-Italian interaction.” He has also

played concerts in Trecastagni and Lentini since that first concert.

“He’s received a lot of accolades from the city of Catania and other cities of Sicily,” Lang said of Shelton’s music.

“I give all of my time to really use my music to help other people,” Shelton said.

“My wife...the support ... has motivated me to do more because she doesn’t ask for anything. ... that makes me want to give her more. I couldn’t have accomplished anything in the Navy if it hadn’t been for her. She has supported me 100 percent.”

OS1 (SW) Wayne M. Shelton
EODMU 8 Sailor of the Year



Shelton sites one source for providing him motivation throughout the years. “My wife...the support of my wife,” he said. “It has motivated to do more because she doesn’t ask for anything. Just that makes me want to give her more. I couldn’t have accomplished anything in the Navy if it hadn’t been for her. She has supported me 100 percent.”

Likewise it is Shelton who motivates others in his command. “His unique qualities about him is that he’s a very personable type person,” said Lang. “He’s always got a smile on his face. He’s got a hand out for you if you need help.”

This Sailor will not stop here. He has more to do. “My present goal is to get selected for Limited Duty Officer (LDO) or chief, whichever comes first,” Shelton said. “That’s my biggest goal right now.”

He considers winning Sailor of the Year an honor. “It’s a humbling experience because I never would’ve imagined that I would have been selected for EOD Sailor of the Year,” Shelton said. “It was a big shock when I found out.”

“Petty Officer Shelton stepped up to the plate ever since he came to the command,” said Lang. “I wish I had more of him throughout the Navy.”

Shelton would like to thank his wife Sharon, his children Alesia and Wayne II, and OSC Lang. Lang wishes good luck to Shelton as he represents EODMU 8 for the Explosive Ordnance Disposal Group 2 (EODGRU 2) Sailor of the Year.

Rabies from page 3

including agricultural pests. The best protection we can offer these unique mammals is to learn more about their habits and recognize the value of living safely with them.

How can I tell if a bat has rabies?

Rabies can be confirmed only in a laboratory. However, often bats with rabies will act abnormal. Any bat that is active by day, is found in a place where bats are not usually seen (for example, in your home or on the lawn) or is unable to fly is far more likely than others to be rabid. Rabid bats are often the most easily approached. Therefore, it is best never to handle any bat.

What should I do if I come in contact with a bat?

If a bat bites you or comes into contact with you, immediately wash the affected area thoroughly with soap and running water and seek medical advice. Whenever possible, the bat should be captured and sent to a laboratory for rabies testing. (See the How can I safely capture a bat in my home? section below.)

People usually know when a bat has bitten them. However, because bats have small teeth that may leave marks that are not easily seen, there are situations in which you should seek medical advice even in the absence of an obvious bite wound. For example, if you awaken and find a bat in your room or find a bat in the room of a child, seek medical advice. Additionally, the bat should be sent for rabies testing. People cannot get rabies just from seeing a bat in an attic, in a cave, or at a distance. Remember, bats should never be handled.

What should I do if my pet is exposed to a bat?

If you think a bat has bitten your pet, contact base veterinary services. The bat should be sent for rabies testing. Remember to keep vaccinations current for cats, dogs and other domestic animals.

How can I safely capture a bat in my home?

If there is a bat in your home or you come into contact with a bat, leave the bat alone and contact base security or base veterinary services for assistance. If professional help is unavailable, use the following precautions to capture the bat safely. You will need leather work gloves (put them on), small box or coffee can, a flat piece of cardboard and tape. When the bat lands, approach it slowly. Wearing leather work gloves, place the box or coffee can over the bat. Slide the cardboard under the box or coffee can to trap the bat inside. Tape the cardboard to the container securely and punch small holes in the cardboard to allow the bat to breathe. Contact base security, veterinary services or the hospital quarterdeck so rabies testing can be arranged.

Common Bat Entry Points



If you see a bat in your home and you are sure no human or pet exposure has occurred, confine the bat to a room by closing all doors and windows leading out of the room except those to the outside. The bat will likely leave on it’s own. If not, contact base security or veterinary services for assistance. Alternatively, it can be caught using a safe manner described above and released outdoors away from people and pets.

How can I keep bats out of my home?

Some bats live in buildings, and there may be no reason to evict them if there is little chance of exposure to people. However, bats should always be prevented from entering your home. The following suggestion will help you “bat-proof” your home. Carefully examine your home for holes that might allow bats entry into your living quarters. Any openings larger than a quarter-inch by a half-inch should be caulked. Use window screens, chimney caps, and draft-guards beneath doors to attics. Fill all electrical and plumbing holes with stainless steel wool or caulking. Ensure that all doors to the outside close tightly.

Additional “bat-proofing” can prevent bats from roosting in attics or buildings by covering outside entry points. Observe where the bats exit at dusk and exclude them by loosely hanging clear plastic sheeting or bird netting over these areas. Bats can crawl out and leave, but cannot re-enter. After the bats have been excluded, the openings can be permanently sealed. More information about “bat-proofing” your home, can be found at the Bat Conservation International website at <http://www.batcon.org/>.

The information contained in the article was prepared by NEPMU-7 from the Centers for Disease Control and Prevention, National Center for Infectious Diseases, Rabies Section, *Bats and Rabies: A Public Health Guide* available from their website at www.cdc.gov/ncidod/dvrd/rabies and from the WHO Collaborating Centre for Rabies Surveillance and Research, *Rabies Bulletin Europe* available from their website at <http://www.who-rabies-bulletin.org/index.html>.

SPORTS

Navy's " Dream Season" ends with Houston Bowl defeat

By JO2 Charles Ludwig, Navy News Service
Public Affairs

HOUSTON (NNS) — It didn't end quite the way U.S. Naval Academy players and fans hoped it would Dec. 30.

After enjoying what may have been the most magical season of U.S. Naval Academy football since the days of Roger Staubach, optimism abounded among academy players, coaches and alumni heading into the Midshipmen's first bowl game appearance since 1996.

But that confidence apparently had no effect on Texas Tech quarterback B.J. Symons.

Symons, the leader of the nation's top air attack, completed the most prolific passing season in Division 1-A history by throwing for 497 yards and four touchdowns in lifting the Red Raiders (8-5) to a 38-14 victory over the Midshipmen in the EV1.Net Houston Bowl at Reliant Stadium.

For Navy (8-5), the loss put an end to their remarkable turnaround season. As disappointing as it may have been, Navy head coach Paul Johnson still rates the season as a success story for the Academy.

"I'm proud of (my players)," Johnson said. "If anyone had said before the season that we would win eight games and go to a bowl game after where we've been, everyone on this team would have taken it, even if it meant losing the last game in Houston."

It's easy to see why they would have been quick to accept that fate. Academy football experienced a thrilling resurgence in 2003, with the team seizing a winning record for the first time since 1996. In fact, their eight regular season victories equaled the number of wins in the previous four campaigns combined. Along the way came the school's first Commander-in-Chief's trophy since 1981 and a 34-6 blowout triumph over archrival Army.

The significance of the season wasn't lost on Navy players either.

"We should be proud of where we are right now," Navy quarterback Craig Candeto said. "Obviously we're disappointed with the loss and all the guys have their heads down, but when we reflect on the season we have a lot to be proud of."

Symons may have had the headline-making day, but in a game billed as a matchup between the nation's top passing and running teams, Candeto made sure to keep it close for as long

as he could.

The Navy senior ran for 90 yards and both touchdowns in his last game as a Midshipman.

It was Candeto's 2-yard touchdown run early in the third quarter that sliced into a 14-0 deficit against a Red Raider team that was noticeably stronger and faster.

It didn't take Texas Tech long to answer, though, as Symons quickly and efficiently led his team on a nine-play 67-yard drive capped by a 4-yard scoring run by Taurean Henderson. After a stalled Navy drive, Raider kicker Keith Toogood tacked on a 21-yard field goal for a 24-7 lead.

Candeto's second scoring run, cut the lead back to 10, but that was as close as Navy would get. Symons finished off the Midshipmen with fourth-quarter TD tosses to Jarrett Hicks and Mickey Peters.

Despite the 24-point loss, Navy's ground game still ate up yardage in chunks, gaining 289 yards on 55 attempts.

With his football career now behind him, Candeto will start his service commitment with 33 career touchdowns rushing, good for second on the Navy's all-time list. He passed career-rushing leader Napoleon McCallum on the second of his scores.

After a scoreless first quarter, Johnson gambled and lost on a fake punt near midfield early in the second. Just two minutes later, Symons lobbed a perfect pass to Peters on the right side of the end zone for the game's first score.

Symons struck again late in the half in the unlikeliest of fashions. After having a tooth chipped on a vicious sack by Navy cornerback Shalimar Brazier for an 18-yard loss, he picked himself off the turf to hit receiver Nehemiah Glover three straight times for gains of 6, 12 and a 17-yard score and a 14-0 lead.

The game did have one more major collision. Late in the fourth, two players accidentally crashed into back judge David

Lambros during a long pass play. Lambros fell and slammed his head off the grass. He lay motionless for a few minutes but did not appear to be seriously hurt.



Navy wide receiver Amir Jenkins jockeyes for position on a pass play against Texas Tech safety Ryan Aycock during the EV1.Net Houston Bowl at Reliant Stadium in Houston, Texas. The Midshipmen of the U.S. Naval Academy lost to the Red Raiders, 38-14, leaving Navy with an 8-5 record on the year. Navy boasted the top rushing offense in Division 1-A, while Tech had the nation's leading passing offense

The Lane

2nd Annual Aerobathon

Saturday, Jan. 10 at the NAS I Activity Zone you can jump start your fitness resolutions. Meet instructors and get a presentation of all the fitness classes Sig has to offer. Step., kickboxing, yoga, circuit, spinning and pilates will be demonstrated and instructors will be available for questions. Lunch will be served as well. Call 624-4483 or 624-5243 for more information.

NASSIG Safety Fair 2004 "Do It For Life"

The NAS Safety Department is sponsoring a Safety Fair to be held on 16 January 2004 in the NAS II gym. The Fair will be aimed at educating all employees on Safety and Health issues. Booths will be set up on various topics including Motorcycle Safety, Traffic Safety, Confined Space Entry, Recreational Safety, CPR, Weight Handling Equipment, etc. The Fair will run from 10 a.m. to 3 p.m. Come on in and check out the exhibits. Make your world a safer place.

MCPON chats with NASSIG Sailors

**By J03 Steve Weaver
Staff writers**

The highest ranking enlisted member of the U.S. Navy visited Naval Air Station Sigonella (NASSIG) Dec. 17 and 18, to speak with Sailors as part of his tour through the Middle East and Europe.

Master Chief Petty Officer of the Navy (MCPON) (SS/AW) Terry Scott visited the base and held two all-hands calls in NASSIG's Hangar 407 to discuss the current issues concerning Sailors in today's Navy.

After asking the Sailors in attendance to break formation and gather around for a more "face to face" setting, the MCPON presented a few ideas of his own and then opened it up for the Sailors' questions, which included concerns on tuition assistance, advancement exams, the Reserve Force and Task Force Excel.

The MCPON began the presentation by speaking on mission accomplishment and leadership. "We're going to evaluate every leader in the Navy on their personal commitment to mission accomplishment," said Scott. "It is extremely important that we have a central focus on what our mission is."

In borrowing words from Chief of Naval Operations (CNO) Adm. Vern Clark, Scott stated, "If it wasn't for the fact we have our missions, we wouldn't be the Navy," he said. "The Continental Congress did not create a Navy just so our ships could look real good out there on the horizon. They didn't create a Navy 228 years ago so 380,000 of us would have a job today. They created a Navy so we could take the sovereignty of the United States to the four corners of the globe."

He recognized that Sailor's are needed to complete these missions. "Whether they're a recruiter, a recruit division commander, a food service attendant working in a galley or anywhere else, they are vitally important to our ability to conduct our mission," Scott said.

At right Master Chief Petty Officer of the Navy (MCPON) Terry D. Scott answers various questions at an all hands call in NAS Sigonella's Hangar 407. Questions ranged from Assignment Incentive Pay (AIP) to uniform concerns.

Below MCPON Terry D. Scott, on stage with Aviation Boatswain's Mate Airman John Krannitz, asks the Sailors in attendance who are currently on the Thrift Savings Plan (TSP) to raise their hands at an all hands call in NAS Sigonella's Hangar 407.

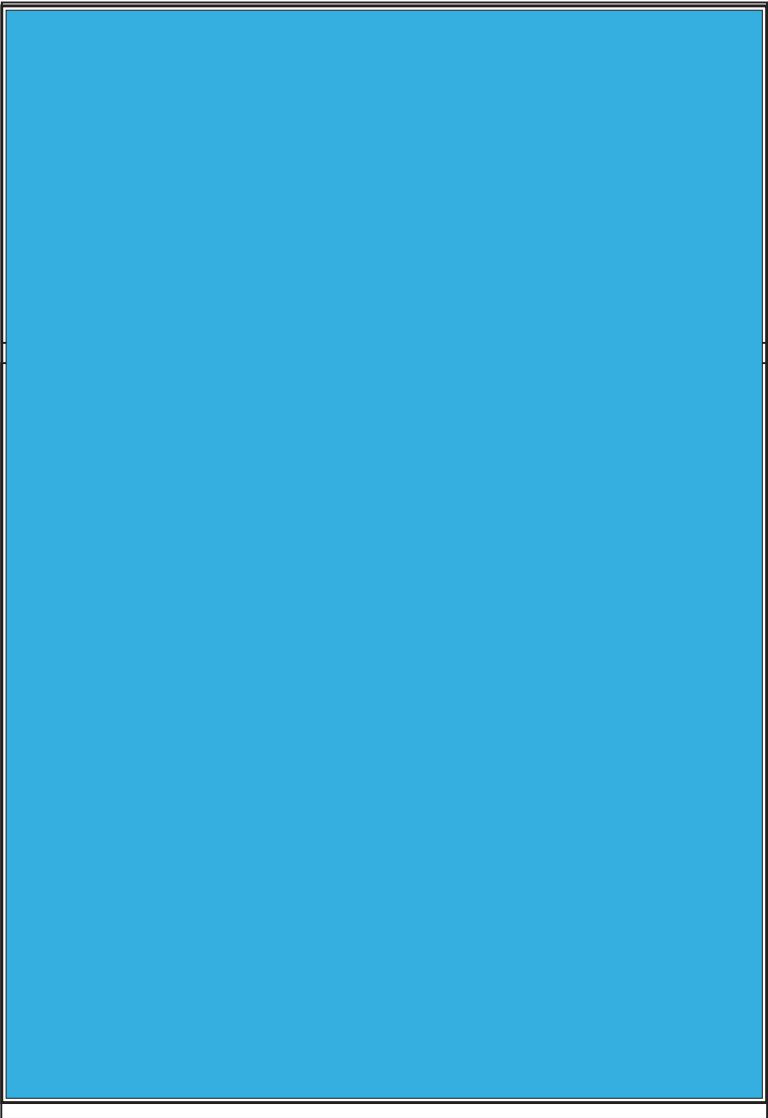
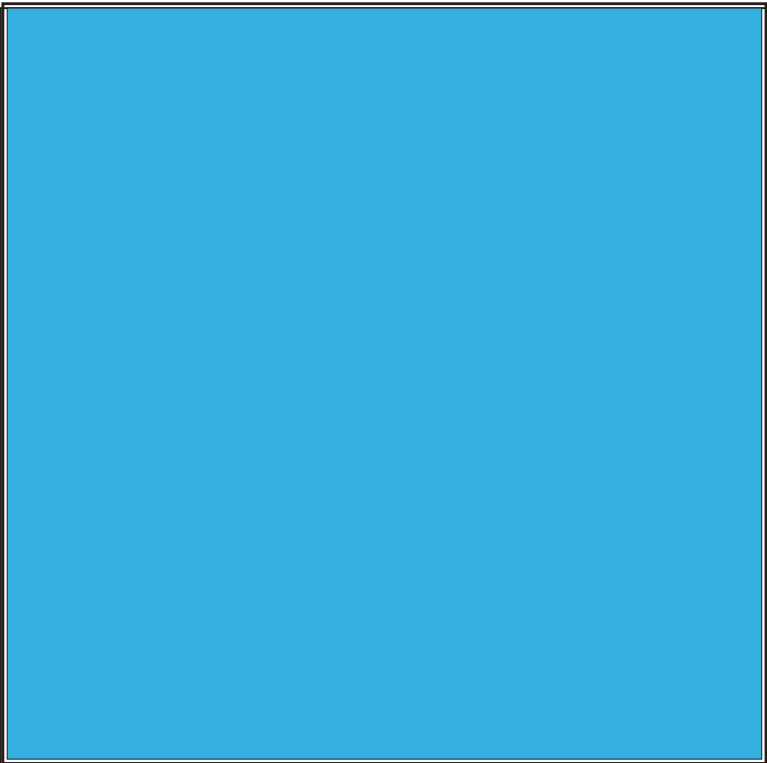
Scott went on to endorse the Thrift Savings Plan (TSP). He demonstrated, with a show of hands, that no one contributing to TSP is being financial hindered. "All of these people are investing in their financial future and at the same time, it's not keeping them from doing the things they want to do, or even the things they like to do," said Scott.

The Sigonella Sailors then took the liberty to ask a few questions. One hot topic was Assignment Incentive Pay (AIP), which provides incentive to fill billets at commands such as NASSIG. "In many instances, there's not going to be an immediate short term gain," said Scott. "The long term gain is the fact that we're going to have a greater number of Sailors in the pool to fill the billets at Sea or at deployable [units]."

A Sailor also asked a question about Task Force Uniform. Scott brought up points about the practicality and storage of having a plethora of working uniforms. "We launched a uniform survey, and we heard from 40,600 of you," he said. "You told us a few things. You told us you liked the coveralls because it's a practical uniform."

"Instead of Sailors showing up in six different uniforms or more, I'd like to see all of our Sailors as much as possible wearing the same uniform," Scott continued. "So we have to ask ourselves what kind of uniform would be practical on a flight deck, and a hangar bay, and a main space, and a bridge, and a maritime intercept operation, on a flight line, and many other areas our Sailors operate. I don't know exactly what it's going to look like yet." He expects to be testing the uniform options sometime by the end of 2004.

Master Chief Scott closed the session by thanking the Sailors. "You need to know out here, wherever you may be, whatever job you may be doing, it's vitally important to our success and being able to carry out our mission," he said. "You also need to know there's a whole lot of people rooting for you. Thank you for what you do."



Beta test of 5VM improves chance of advancement

By JO2(SW) Brian Johnson
Staff writers

Recently the Navy began soliciting feedback on a test version of the Five Vector Model (5VM), which will soon become the vital career management tool for all Sailors.

In a message to the fleet Vice Adm. Alfred G. Harms Jr., director of Naval Education and Training, announced the BETA test, a second in a series to prepare the 5VM for introduction to the fleet. The test will include ratings in aviation, surface engineering, cryptology and construction career fields.

Information on how to enroll in the BETA test program is forthcoming.

For Sailors who do take part in the 5VM BETA test they will have an opportunity to shape the way the 5VM works in their rating. “As the process works, Sailors will be able to give fleet feedback to Naval Education and Training,” said Mike Sloane regional training advisor. “If the fleet is giving great feedback then they will shape the future of the 5VM.”

“Constructive Sailor feedback is vital to this process,” said Harms. “Input from the fleet will enable us to work out any system bugs, enhance usability and make necessary upgrades.”

“The 5VM will eventually be a key part of every Sailor’s career tool box,” Harms said. “It will play a critical role in professional and personal growth and development, the distribution process, learning opportunities and delivery of knowledge, and improved fleet readiness.”

For Sailor’s who choose to participate in the test of the 5VM they will “absolutely have a better chance



of advancing because they will know what is required of them and how to accomplish it,” Sloane said. “people who aren’t in the program now or don’t keep up with it in the future will be left behind because they won’t know what is required of them.”

When fully functional, the 5VM will help Sailors determine their professional status, pinpoint career milestones, and identify the skill requirements they need for specific jobs in the fleet. They will also be able to review and compare their career path with alternative routes, view their electronic training jacket, and enroll in online courses.

Sailors can now access a demonstration and tutorial for the 5VM via Navy Knowledge Online(NKO) website at www.nko.navy.mil. Those in ratings that are part of the BETA test can also provide feedback through NNKO.

Flu and Cold from page 3

Symptoms of a cold includes a scratchy or sore throat, sneezing, runny nose, nasal congestion, coughing, watery eyes, ear infection, fatigue, headache and lose of appetite. According to Dolak there might be a slight fever ranging from 99 to 100 degrees Fahrenheit. The height of the fever depends on the type of virus.

The flu is a contagious disease caused by the influenza virus. It attacks the respiratory tract. Anyone can get the flu and serious problems from influenza can happen at any age. Flu viruses can also lead to pneumonia and other infections such as ear, sinus and bronchial infections.

Since the strain of flu that would hit most people cannot be determined ahead of time, flu shots are created for the worst strain predicted to hit. “Flu shots taken early are 70 percent effective in preventing the flu and shots help the body to produce antibodies to that strain of flu,” Dolak stated.

Symptoms of the flu include chills and fever (101 to 103 degrees Fahrenheit), sweating, muscle aches, headaches, runny nose, nasal congestion, coughing, sore throat and sensitivity to light. Influenza usually lasts from three to seven days.

To help combat influenza, stay hydrated and Tylenol and Motrin can be taken to help lower fevers and muscle aches however aspirin should never be taken.

To survive the flu and cold season take precautions such as washing your hands frequently with anti-bacterial soap, avoid people who are coughing or sneezing in close proximity and get your flu shot.

Big E from page 3

Other programs like STAR (Selective Training and Reenlistment) and PTS (Perform-to-Serve) helped the command career counselor team to achieve their retention goals.

“Our job is to give Sailors an objective look at what’s available in the Navy. The Navy is a big, broad world with a lot of different opportunities,” said Jeffries.

“Reenlistment bonuses were also a huge factor driving retention,” said King. “We helped a lot of Sailors get \$60,000 bonuses.”

Many Sailors chose to stay Navy by taking on other career-enhancing billets.

“A lot of the people who come into my office want recruiting or instructor duty. Some decided to become recruit division commanders,” said King. “There’s no better feeling than when a Sailor goes out the door with the duty or orders he wanted and says ‘thanks.’ It makes you feel like you’re doing something to help the command.”

“We’ve saved some people at the last minute,” said Jeffries. “They’ll come into the office with a checkout sheet in their hands and we’ll ask them what we can do to keep them in the Navy. Sometimes it just takes a call to the detailer.”

Informing Sailors of the options available to them is key in maintaining high retention.

“Educating our Sailors about the benefits of staying Navy is important,” said King. “There’s a lot of opportunities out there for Sailors. We need to teach them to ask questions. Ask divisional and departmental career counselors about what’s out there. Mentors should be getting involved too,” said King.

As a benefit of winning the Retention Excellence Award, personnel aboard are authorized to paint the ship’s anchors gold as a symbol of distinction. The gold anchors also send a message about the command to the rest of the Navy.

“People will look at those anchors and think ‘There’s a 40-year-old ship, but people are staying,’” said King. “It makes Big E a more attractive command for Sailors when it comes time to change duty stations. Perception is everything and those golden anchors show everyone out there that Sailors on Big E have a certain amount of job satisfaction,” King added.

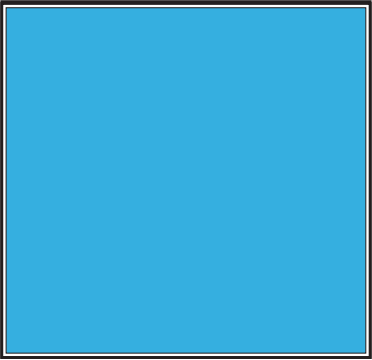
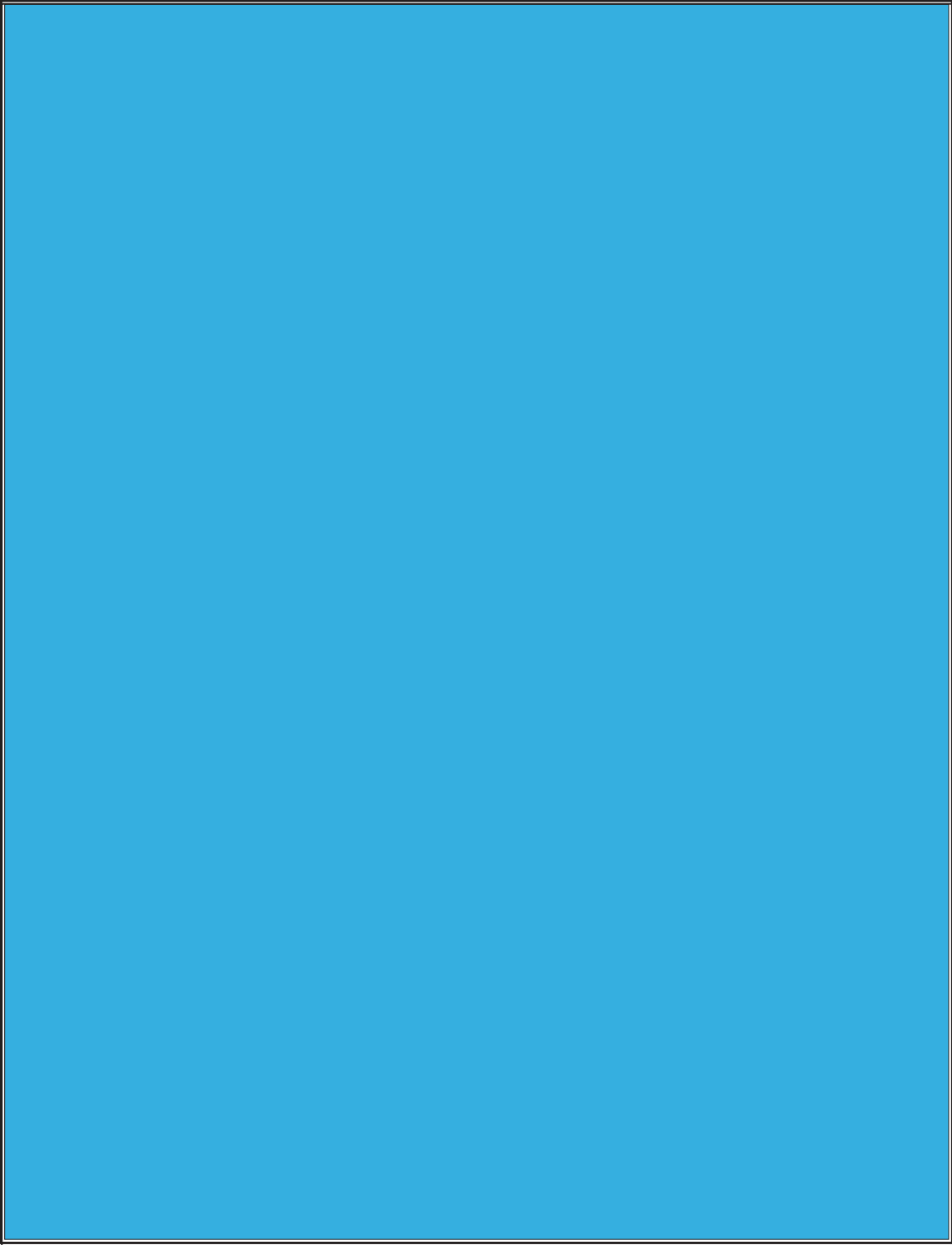
During the fiscal year, Big E’s career counselors were responsible for 424 reenlistments, including 39 GUARD and 69 STAR packages. They also helped secure almost \$5.5 million dollars in bonuses for Enterprise Sailors.

Naval leadership continues to rely on the commitment of Sailors as a cornerstone of fleet readiness to achieve the mission of the 21st century Navy. The award-winning contributions of Enterprise’s career counselors not only strengthen the Big E team, but also provide experienced and talented Sailors throughout the fleet.

NEPMU-7 from page 1

The team also performed environmental assessment of the soil and water for potential contamination that could present health threats to ground forces positioned in the AOR. Water and soil samples were collected from the airfield, US Embassy, and the headquarters of African peacekeeping troops. The team was able to identify potential health hazards in some of the water that was sampled while on location. In addition, water samples were collected for analysis of metals and a variety of inorganic and organic compounds. The team’s findings that were presented to the regional commander for U.S. forces will not only facilitate the force health protection of the current U.S. forces but the data collected and recommendations will be provided to the international UN peacekeeping forces.

NEPMU-7 personnel must be prepared to deploy on short notice to anywhere within Europe, Africa, the Middle East, or Southwest Asia to evaluate problems affecting the health of deployed U.S. forces. In this case, NEPMU-7’s deployment was for essentially proactive reasons, but sometimes the purpose is to evaluate an existing problem for the purpose of reducing the impact on US personnel. But no matter what the specific immediate issue, the goal of NEPMU-7 is to maximize the health of U.S. personnel serving overseas.



Sipping Wine in Corleone

Story and photos by Rachel Morken
Staff writers

Picture it, Sicily 2004, ITT trip to Corleone and wine tasting. Two buses left NAS I at dawn full of Sigonellans eagerly awaiting the sights and scenes from *The Godfather*. The ride was long and scenic, the faint sound of snoring could be heard throughout the buses. Finally, the bus stopped and the sleepy-eyed patrons rubbed their eyes in awe and amazement, they had arrived in Corleone. A choice was given to them, shop around the town or visit the church where Michael Corleone was married the first time in *The Godfather*. Dawn Webb commented, "Corleone was very rustic, and the shops had pictures of the making of *The Godfather*. When you go on ITT trips you are going to see landmarks." "I like going on ITT trips because they know the way around the city and the history," said UT2 Dan Callinan of Public Works.

After a magnificent time in Corleone the buses were loaded again to head off to the Principe di Corleone winery for lunch and wine tasting. The journey consisted of a plethora of vineyards lining the beaten path, ending at the Corleone vineyard. The buses were unloaded and everyone piled into the dining area. Lunch began with a sampling of six extraordinary wines, followed by a variety of antipasta, pasta, and meat. CM2 Andrew Grant of Public Works said, "The best part of the trip was the wine tasting and antipasta. The wine had a low acid content, was smooth and full of flavor. I enjoy going on ITT trips because you find out where things are then travel there yourself so you can spend more time."

Following the savory dinner we were escorted out to their warehouse to pick up the cases of wine the group ordered. The warehouse was an interesting site. It had bottles upon wine bottles, both filled and unfilled, fermenting tanks, oak barrels and a wine labeling machine. Once our time was concluded everyone greeted the designated driver, took their seat on the bus and enjoyed the lovely ride home.

For more information on ITT trips stop by ITT and pick up your copy of the *Pre View* or call them at X4397/4777.



The amount of wine in the Principe di Corleone is quite a site. ITT trip goers were able to sample some of these fabulous wines on the recent trip.



It was perfect evening for wine tasting in Corleone. CM2 Andrew Grant of Public Works swirls his wine in his glass as he prepares to taste one of the different selections.



The fermenting tanks in the Principe di Corleone winery stand ominously, holding a myriad of tasty wines.

Trivia Answers

- 1) Marilyn Monroe
2) New York City
3) Newton
4) Whitechapel
5) 35 (each number is the next square-root minus one.)



Above right: One of the many sites in Corleone, an old church looms high over head.

Bottom right: One of the many wines in their cozy boxes, ready to be samples and enjoyed by patrons of the winery.

Top left: A waiter brings a bottle of wine to be sampled during the lunch and sampling portion of the tour.

Bottom left: Jill Milchalski checks out the wine list while dining on fine food and spirits.

Send Il Mercato advertisements to sigosignature@yahoo.com

ash leather, air, sunroof, lumbar seats, alloy rims, non smoking, extremely clean. Asking 6,000 euro. Call Angelo at x6886 or 347-5859182.

1991 Volvo 460 Turbo. 5-speed, 4-dr, Sedan, 153k, runs great. Very reliable. \$1,200. Call John at 340-7142059.

Pets

Free to a loving home: German Shepherd/Collie mix. 1-year-old. Very lovable dog that is house trained, and also knows the commands; sit, down, to your blanket, stay, and shake. She will also fetch a ball and return it to your feet for another throw. We need to get rid of her because my wife is pregnant. Call Jason or Alessandra at x0277.

Free to a good home. Two female cats, always kept inside. Both are spayed and all shots are up to date. Prefer both to go together with one family. Call Ken at x3558.

Free to a good home 1 1/2 year old female black lab mix. Great with children & healthy. Moved into base housing and don't have the yard for two large dogs. Comes with water/food bowls. Call Santiago or Rosa at 335-7723289 or 338-6745928.

Free to a good home, 5-year-old husky. Very friendly, needs loving home, unable to take back to the states with us. Call Tina at x3574 or x5346.

Free to a good home: 1-year-old lab-mix. Needs a family willing to spend quality time playing and walking him. All shots are up to date and he has been neutered. We live in 205 and we just don't have the room for him to play and be a puppy. He comes with a kennel and enough food to last at least 1 month. Call Dan or Tami x3627.

Friendly, fun, medium-sized mixed breed dog. Seven-year-old well-trained house pet. Good guard dog, yet gentle with children. Longs for more attention than we are able to give. For more information please call x1392.

For Sale

27" Sharp TV w/remote \$150; 13" T/VCR combo w/remote, \$35; new Samsung DVD/VCR combo, \$125; Yamaha stereo receiver, \$75; Yamaha five disc CD player, \$50; entertainment center \$30; dresser/cabinet /TV stand combo \$25; black and silver TV stand, \$40. Will sell combo deals. Call Jason or Christina at 095-7912726, or 335-3375541.

Brand new Advantix c400 Kodak Photo camera. Works

perfectly. Call 338-8150866.

Couch and love seat. Like new, dark, multicolored pattern. \$200 for the pair. Call 095-309423 or 335-8314498.

Hunter green and cream color with floral designs carpet, 63x90 practically new \$35; burgundy and cream color floral design carpet, 46x70 \$15.00. Solid dark wood Italian bed, complete of new mattresses, used by guests only three weeks, matching headboard and nightstands, lamps in wood and burgundy material, all \$250. Black JVS TV stand, glass doors on front for VCR and DVD players, holds up to a 29" TV, \$30. Call x1365.

New Women's Mongoose bike, \$200 O.B.O. Progressive brown head/foot board, \$50. Call IT3 Curl at 095-563546.

Thule Multipurpose car rack system includes: rain gutter foot pack (set of four), 58 inch load bars (set of 2), and 15 foot heavy-duty, polypropylene straps (set of two). Asking \$120. Call Chris at 335-5789877.

Dining room for sell in original Mogano, classical English style including one table, six chairs, two pieces of furniture. Good Conditions, must see! Asking 2,500 Euro. Call Ivana at 339-5988598 or send an e-mail to Esprit_active@hotmail.com.

Golf clubs \$50; twin bed \$35; full bed set \$50; two burner buffet range, \$15; assorted lamps, Nokia 3310, \$60; DVD player, \$60; Minolta SLR Camera, \$150; Canon Elph Camera \$20; VHS videos, \$5. Call Craig or Theodora at 333-1322523, 095-309911 or e-mail tm_bellinger@yahoo.com.

Computer for sale. AMD Athlon 1.2 Gig Processor with 896 RAM. 19" LCD (flat screen) monitor with speakers .Features also includes: 40 Gig ATA 7200RPM Master hard drive, 120 Gig ATA 7200RPM Slave hard drive and much much more. Software includes MS Word Suite, Adobe 5.0, Windows XP Plus, WinZip 8.0 and much more. Asking \$1,300 O.B.O. Call SK2 (AW) Arellano at x2214 or x5248.

Selling a queen-size bed with box spring. \$200. Call x2560 or 347-7802963.

Motorola with adapter and instruction manual. It is triband and can be used back in the states, it has internet downloading of all kinds, the menu is full of different options. Phone is in great condition. Bought six months ago, \$300, will sell for \$250 O.B.O. Call 349-3560126.

Natural wood crib w/out mattress and changing table, \$150

for set; Eddie Bauer travel playpen w/bassinnet insert, \$45; battery-operated swing, \$25; Evenflo backpack, \$40; Fisher Price baby monitor-never used \$10; First Years baby monitor-slightly used, \$5; intermediate size dog carrier, \$10. Call Cheryl at x0191.

L-shaped desk with hutch. Lots of space. Great condition. Paid over \$300 will take \$150 O.B.O. Don't the space for it anymore. Call Rosa or Santiago at 338-6745928 or 335-7723289.

Road bicycle for sale. early 90's Daccordi in excellent condition, Campagnolo everything, 12 speed. New tires and clip-on shoes size 9 1/2. Ready to ride for \$450 O.B.O. Call AE1 Morse at x5441 or 340-2777245.

5000 BTU window air conditioner (220 Volt. Perfect for single room, \$40. Kitchen shelf unit. One year old. Chrome and wood. Looks great, \$50. Twin bookshelves, great shape, \$50. Patio set with cushioned chairs. Perfect condition, \$150. Call Keith at 095-301753.

Two toddler beds for sale. Solid wood, natural finish, and they're in great shape. Mattresses included. Used less than one year. Asking \$35 for each. Call Michele at x1488.

Mini Innocenti, and Mini Cooper car parts for sale. Front and rear end parts, fuel tanks, wheel spacers, head lights, tail light lens, fuel tanks, drum brake parts. Call Todd at x6459 or 333-4046137.

eMachines eTower 733i-dual voltage, 733mhz, 64MB SDRAM, 20GB HD, 56k Modem, 48x CD-ROM, Windows ME and all original software. Keyboard, Mouse, 13" Packard Bell color monitor, Hewlett Packard Deskjet 694C color printer. Purchased in 2001 New for \$800. Asking \$450 O.B.O. Call 340-1426785 (days) or 095-998570 (nights).

Twin Bed, \$35; full bed set, \$50; two burner buffet range, \$15; assorted lamps, 220v electric hand beater \$10; DVD player, \$60; Minolta SLR Camera, \$150; Canon Elph Camera, \$20; VHS Videos \$5 each. Call Craig or Theodora at 333-1322523, 095 309911 or e-mail tm_bellinger@yahoo.com.

Olympus E-10 - 4 Megapixel Digital Camera. In new condition. All original software and boxes. Also included is the Olympus wide angle lens and Olympus FL-40 flash. Included is an extra battery pack holder and extra rechargeable batteries. Total new was over \$2,000 asking \$1,000 O.B.O. for every thing. Call Tony at 347-5215514.

Celestron deluxe quality 1200mm focal length, f/8 German Equatorial mounted achromatic refractor telescope for sale. The C6-R is the largest telescope in its class with over six times the light gathering ability of a 60mm. Like new, in the original boxes with manual. \$1,200 new plus postage to get it here, selling for \$800 O.B.O. Call Tony at 347-5215514.

3rd edition of *Essentials of Statistics for Business and Economics*, Anderson, Sweeney, William. Very good conditions, used one term only. If interested call Eva at 339-6550333 after 5:30 p.m.

Men's mountain bike, \$80; exercise bike, \$30; ab & tilt, \$30; bun & thigh rocker, \$30; two black bar stools, \$10 each; black vanity set, \$30; five disc CD changer radio tape player, \$100; six new Hilfiger shirts \$8 ea, new baby Phat jeans size 3, \$20; new Ecko red jean capris size 7, \$20; new DKNY skirt size girl's 16, \$10; new patch work leather pants size 6, \$15. Call 338-9012654.

PCSING must sell. AC UNIT 220 volt, 18000 BTU. Bought it for \$500 asking \$300; AFN Decoder bought for \$550 asking \$300; Bombla tanks, \$10 each. Bombla heater, \$75 and some other small electrical items if interested. Call Dana at 349-6820871.

Peg Perego Baby Carriage and Bassinet originally \$600 in excellent condition, asking \$200 O.B.O. Call Charlie at 348-8201636 or 095-7335701.

Wanted

I'm looking for an Accounting 323 and a Business Management 110 textbook for the upcoming semester. Call Derek at x4202 or 349-6776266.

Looking for a native-mandarin speaker to work as a tutor for our family, to give lessons to one adult and children ages three, five and eight. Call Diane at 095-7279899.

Dresser w/mirror; tall and narrow dresser; AFN decoder for \$375 or under. Call Larry at 095-306251.

Accomplished Clarinetist to tutor first year player (11 years old) twice a week. Previous tutoring experience a plus. Call Deb at x1302 or email debwevans@yahoo.com.

Looking for a personal trainer to work with me two to three times a week. I need someone to show me the right way to lose weight. Would prefer a female trainer. I can work around anyone's schedule. Please contact Jennifer at harwoodjenn@hotmail.com.

